

MetaBoost Connection

MORE

Meta Recipes

DELICIOUS FOODS THAT SUPERCHARGE YOUR METABOLISM & BURN FAT

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About Meredith Shirk, CPT

Meredith Shirk has been in the health and fitness industry for over a decade with a Magna Cum Laude Biology degree, certification as a personal trainer with the National Academy of Sports medicine (NASM), and a mind, body nutrition specialist.

Over the years she's helped athletes, celebrities, models... and people just like yourself... make their dreams become reality achieving their best body, inside and out.



“Mere,” as her clients and subscribers know her, is the CEO of [Svelte Media & Training](#). She's also the creator of the cutting-edge 1-minute workout plan, One & Done, that she's successfully taught to clients for the past 12 years.

Mere has over 60K subscribers and followers combined on Facebook and her YouTube channel, spreading the message of ‘total mind, body, health’ globally.

Let's get social! Double click the icons below to follow and subscribe to stay up to date with free video workouts, weight loss tips, recipes and more.



Table of Contents

Introduction.....	5
The Method Behind MetaRecipes.....	8
MetaRecipes.....	11
Gardent Egg Muffin.....	11
Green Eggs & Salm(on).....	12
Low Carb, No Oat Oatmeal.....	13
Fabulous Frittata.....	14
Pumpkin Spice Fluffcakes.....	15
Western No Bean Chili.....	16
Calcutta Chicken Medley.....	17
Kale Salad with Steak.....	18
Savory Chicken Salad.....	19
Pesto Burgers.....	20
Salmon Patties.....	21
Savory Pork with Cauliflower Mash.....	22-23

Introduction

Hi there, it's Mere.

First, I wanted to congratulate you on taking a HUGE step in healthy living... and taking control over your body.

I'm super thrilled you decided to try the MetaLifestyle by preparing and eating MetaInfluencer-rich foods that are nutritious and delicious... I like to call them MetaMeals.

Whether you're trying to shed pounds, reduce inflammation, improve your body's performance, or just looking for overall wellness, living a MetaLifestyle will help you reach your goals. It will help you feel leaner and lighter.

Why? It's simple. Because the MetaLifestyle is based on science and fact... not fiction and fads.

I've spent years researching select food combinations and nutrients that impact the body on a cellular level, allowing you to virtually eat your way to thin.

Have you ever heard the expression, "nothing taste as good as skinny feels?" Well, let me tell you, these recipes DO taste as good as skinny feels... PLUS you'll be dropping pounds eating them.

You see, MetaMeals are one of the pillars of the MetaBoost Connection system, which is all about eating supreme super foods that ignite your cellular engine for sustainable weight loss and longevity.

It's not a dangerous detox. It's not a crazy nutritional shake. It's something you can incorporate into virtually any lifestyle, at any age... for yourself and for your family.

The MetaBoost Connection system is a global phenomenon. It's creating buzz here in the U.S. and across the pond. There's dozens and dozens of testimonials from women who virtually gave up hope on ever losing weight after hitting 40. They hit a biological plateau. Their frustrations skyrocketed... and their self-confidence nose-dived. But they gave the MetaBoost Connection a try and on average lost about 14 pounds in 14 days... and this woman here, Jill W., lost a whopping 40 lbs in a few short months! Just. Eating. Right.

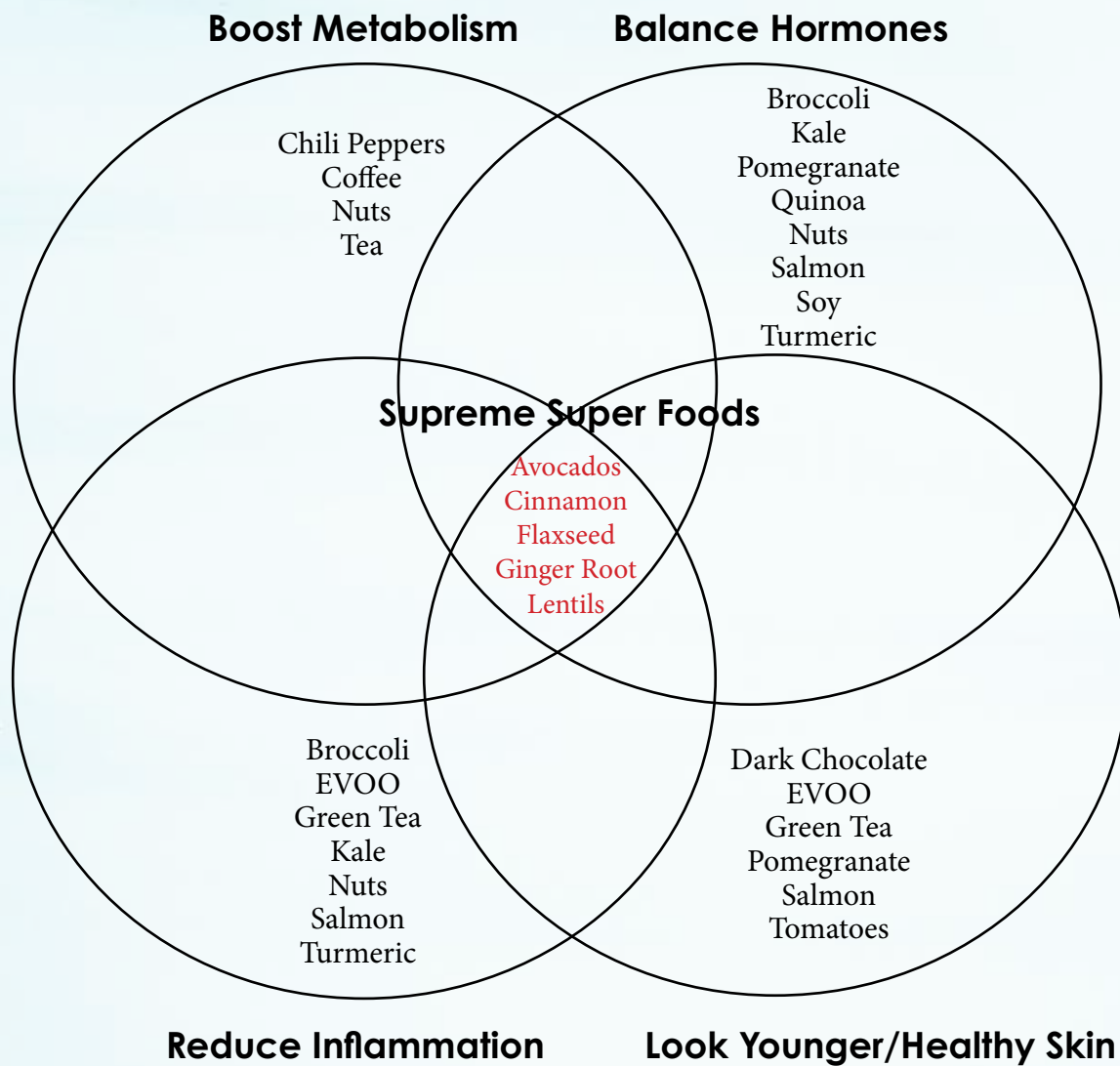


If you're unfamiliar with what I'm saying, please bear with me and let me give you a quick explanation how this is possible.

The key these woman's rapid weight loss are MetaInfluencers. MetaInfluencers are foods that contain certain nutrients which can boost metabolism, balance hormones, reduce inflammation and improve your hair, skin, nails and joints.

These are the staple foods... the MetaRecipes that make fat-burning MetaMeals... will be highlighted in the pages to come.

Illustration 1 - Metainfluencers



The Method Behind MetaRecipes

MetaRecipes is a new way of eating that focuses on:

- ☒ Burning Fat
- ☒ Never counting calories
- ☒ Never being hungry
- ☒ Increasing mental acuteness
- ☒ Giving you sustainable energy
- ☒ Dramatically improving your health

The foundation of MetaRecipes is three simple principles of eating:

1. High healthy fats
2. Moderate protein
3. Low carb

It's also removing certain inflammation-causing foods from your daily diet including:

- ☒ Bread
- ☒ Pasta
- ☒ Chips
- ☒ Crackers
- ☒ Rice
- ☒ Wheat
- ☒ Cereal
- ☒ Corn
- ☒ Oats

Inflammation is the root of most every disease and illness known to man, and it's why removing it from our body is so important.

In addition to inflammation causing foods, its important living a MetaLifestyle to avoid (or reduce) sugar, such as:

- ☒ Diet soda
- ☒ Honey
- ☒ Maple syrup
- ☒ Fruit juice
- ☒ Dates
- ☒ Raisins
- ☒ Ketchup
- ☒ Salad dressing
- ☒ Yogurt
- ☒ Milk

Quick Tip: Some great alternatives to yogurt are full-fat plain Greek yogurt. Another option to prepare salad dressing is to mix EVOO (extra virgin olive oil) with clear or apple cider vinegar.

Some fruits are very high in natural sugars, so the only fruits you should focus on, are the ones that are high in antioxidants such as:

- ☒ Raspberries
- ☒ Blackberries
- ☒ Blueberries
- ☒ Strawberries
- ☒ Elderberries

A little while ago I mentioned having a diet to include healthy fats. Healthy fats that you'll see in my MetaRecipes include:

- ☒ Eggs
- ☒ Avocado
- ☒ Steak
- ☒ Fish, especially Salmon

- ☒ Pork
- ☒ Coconut oil
- ☒ EVOO
- ☒ Raw nuts
- ☒ Greek yogurt
- ☒ Cream cheese
- ☒ Dark chocolate (85% cocoa or higher)

So get ready to finally flip that MetaSwitch to ‘on’, rev up your metabolism, and enjoy tasty and tantalizing meals while doing it.

You are not going to believe you can eat this good **AND** lose weight.

But I’m here to tell you that you can... and you will.

Enjoy!

Garden Egg Muffins



Ingredients:

5 eggs
2/3 cup zucchini, chopped
2/3 cup broccoli, chopped - *MetaInfluencer*
1 green onion
6-8 fresh basil leaves, chopped
1 tbsp. oregano
1 tsp. salt
½ tsp. dry mustard powder
½ tsp. baking powder
pepper to taste - *MetaInfluencer*

Directions

- 1 Preheat oven to 350 and grease a muffin tin.
- 2 First, whisk eggs in a mixing bowl with salt, pepper, baking powder and mustard.
- 3 Add chopped veggies, oregano, basil and whisk all together.
- 4 Divide the mixture into muffin cups filling them about $\frac{3}{4}$, and place in the oven for 25 minutes.
- 5 Remove and enjoy!

This recipe makes multiple servings. Freeze in ziploc & reheat in toaster oven.

Green Eggs & Salmon



Ingredients:

4-6 oz. wild smoked salmon (lox)

MetaInfluencer

2 eggs, poached

1/2 avocado, sliced *MetaInfluencer*

1 green apple, sliced

Kale or other leafy green

MetaInfluencer

Directions

- 1 The only prep to this breakfast is poaching your egg. (If you have a poacher, great! If not, simply add cold water to a small saucepan, about 1 tbsp of vinegar (any kind). Bring to a boil and then gently crack your eggs directly into the water.
- 2 Allow them to cook, turn off heat and remove your eggs from the water with a slotted spoon.
- 3 Serve eggs alongside smoked salmon, sliced avocado and apple atop a bed of leafy greens.

For an extra kick, swap out leafy greens for tomatoes and add a pinch of turmeric and pepper. All 3 are MetaInfluencers to help melt fat. Tomatoes are a major source of the antioxidant lycopene, which is linked to health benefits such as reduced risk of heart disease and cancer.

Low Carb, No Oat Oatmeal

Ingredients:

5 cups cauliflower, chopped

1/3 cup unsweetened almond milk

MetaInfluencer

2/3 cup filtered water (or less, depending on desired consistency)

2 eggs, whisked

1 tbsp. ground flax seeds *MetaInfluencer*

Cinnamon to taste *MetaInfluencer!*

Sea salt to taste



Directions

- 1 First, follow simple instructions from day 3 dinner recipe to make cauliflower rice (set aside 1/3 of your rice for tomorrow's dinner and the remaining 1/3 for day 11's lunch).
- 2 Next, in a saucepan, add riced cauliflower, coconut milk, and a bit of water (if desired). Over medium heat, cook until cauliflower is tender, anywhere from 5-10 minutes.
- 3 Add whisked eggs, flax, cinnamon and other spices.
- 4 Here, you can also add sweetener to taste, then simply serve in a bowl with desired toppings.

*Optional spices: cardamom, ginger (MetaInfluencer), orange zest, & vanilla.
Optional sweeteners: powdered stevia, grade B maple syrup, raw honey. Optional toppings: nuts, fresh berries (both metainfluencers)*

Fabulous Frittata

Ingredients:

- 1 tbsp. coconut oil
- 1 cup grass fed lean ground beef
- 1 cup broccoli *MetaInfluencer*
- 1 cup asparagus
- 4-5 large eggs
- 2 tbsp. unsweetened almond milk
- MetaInfluencer*
- 1 tsp. salt
- pinch of black pepper *MetaInfluencer*
- pinch of cayenne pepper *MetaInfluencer*



Directions

- 1 Preheat oven to 350.
- 2 Heat coconut oil in cast iron or oven-safe skillet (avoid non-stick pans) over medium heat on the stovetop.
- 3 Add broccoli to the pan and saute until tender. When broccoli and asparagus are tender, add pre-cooked ground beef to reheat. If raw, add meat first to cook thoroughly with broccoli.
- 4 Crack the eggs into a mixing bowl and add almond or coconut milk, salt and pepper, whisking everything together.
- 5 Pour egg mixture into skillet with meat & veggies. Cook 3-5 minutes or until bottom of frittata is firm.
- 6 Transfer skillet to oven, cook 10-15 min. and turn up heat to broil for ~2 minutes or until frittata puffs and is cooked thoroughly. Let cool, transfer to plate, slice, and serve and/or save to use throughout the week.

Serves: 4 but can be easily frozen or stored in the fridge for 1 week. Save for day 5 breakfast, too! Taste great without the ground beef as a veggie frittata.

Pumpkin Spice Fluffcakes

Ingredients:

- 2 eggs
- 1/4 cup canned pumpkin
- 1 tsp. vanilla extract
- 1 tbsp. maple syrup or raw honey (optional)
- 1 tsp. pumpkin pie spice
- 1 tsp. cinnamon *MetaInfluencer*
- 1/8 tsp. baking soda
- 1/2 tbsp. coconut oil, melted
- 1 tbsp. coconut oil for frying



Directions

- 1 First, whisk eggs, canned pumpkin, vanilla, 1/2 tbsp. coconut oil and maple syrup together. Sift pumpkin pie spice, cinnamon and baking soda into the wet ingredients.
- 2 Add your remaining 1 tbsp. of coconut oil to a skillet and set on medium heat. Spoon the pancake batter into the skillet to make pancakes of your desired size.
- 3 When a few bubbles appear, flip to finish cooking and serve!

*Consider topping with strawberries, blueberries, or raspberries (or all three!) as well as some slivered almonds... your fluffcakes will be sweet and crunchy, plus **MetaInfluencer** rich!*

Western No Bean Chili

Ingredients:

- 1/4 lb. grass fed lean ground beef
- 1/2 onion, chopped
- 1/2 bell pepper, chopped (any color)
- 1-2 garlic cloves, minced
- 4 oz. tomato puree *MetaInfluencer*
- 6 oz. tomato sauce (canned or puree 1 tomato in a blender) *MetaInfluencer*
- 1/2-1 cup broth OR water (affects thickness)
- 1 tbsp. chili powder *MetaInfluencer*
- 1 tbsp. cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. pumpkin pie seasonings (or 1/2 tsp cinnamon + 1/2 tsp nutmeg)
- pinch of cayenne (optional) *MetaInfluencer!*
- sea salt and pepper to taste *MetaInfluencer!*
- 1 tbsp. coconut oil



Directions

- 1 Heat coconut oil in soup pot and saute onions and peppers over medium-high heat. Add a pinch of salt and pepper, and allow onions to cook for about 5 minutes, stirring occasionally.
- 2 Add beef and garlic and cook until brown, about 7 minutes.
- 3 Add tomato puree, tomato sauce, water or broth and spices. Bring to a boil and then reduce heat. Simmer 1-2 hours.
- 4 Feel free to increase ingredient quantities for recipe and freeze for later.

If you're not a fan of beef, substitute with lean ground turkey, ground chicken, or tofu. Seasonings in this chili are so savory that your base will pick up its flavor.

Calcutta Chicken Medley



Ingredients:

4 oz boneless, skinless chicken breast, cut in chunks
1/4 onion
1 clove garlic
1 cup broccoli *MetaInfluencer*
1 cup asparagus
1/2 bell pepper (any color)
1 tbsp. coconut oil
salt/pepper to taste *MetaInfluencer*
1/2-1 tbsp. curry powder

Directions

- 1 First, wash and chop all of your veggies into relatively small pieces.
- 2 Next, add your coconut oil to a skillet on medium-high heat and add your onions and garlic, stirring frequently for just a few minutes until onions are fragrant. Add the rest of your veggies and stir occasionally for 10-12 minutes.
- 3 Add your chicken pieces, curry powder and salt/pepper. Continue stirring everything together until chicken is fully cooked, about 10 minutes. Adjust spices as needed and serve.

Don't like curry? No worries! Switch this ingredient with the MetaInfluencer spice, Tumeric. The portion can be 1/2 – 1 tsp. The color and taste will be similar, and the health benefits are an added bonus!

Kale Salad With Steak

Ingredients:

4-6 oz. flank steak
 1/2 tbsp. EVOO *MetaInfluencer!*
 1 tsp. garlic powder
 1 tsp. paprika
 Pinch of salt and pepper
 Pinch of red pepper flakes *MetaInfluencer*

Salad:

1/4 onion, finely sliced
 1/2 pear, thinly sliced
 1/2 avocado, sliced
 2 cups of kale, de-stepped and chopped *MetaInfluencer*
 1 oz. walnuts, chopped *MetaInfluencer*
 Juice of 1 lemon
 1 tbsp. EVOO



Directions

- 1 Rub steak with extra virgin olive oil (EVOO) all seasonings, be sure it's evenly coated. Leave to marinate at room temperature. While it marinates, prep salad dressing by whisking together lemon juice, olive oil and a pinch of salt/pepper.
- 2 Add chopped kale to a salad bowl and mix together with dressing. Massage the kale leaves for 2-3 minutes until soft. Then, add all other salad ingredients (except avocado) and mix together.
- 3 Cook steak on the grill for 3 minutes per side (more or less depending on the thickness of your steak), or cook on high heat over the stove. Once cooked, allow it to cool slightly, cut into thin strips and serve on top of your salad along with sliced avocado.

You can swap the flank steak with turkey or chicken breast, same portions. If you prefer not to eat meat, try a fried egg on top and use raw spinach as leafy green.

Savory Chicken Salad

Ingredients:

4-6 oz. chicken breast, cooked & diced

2 cups mixed salad greens (spinach, arugula, kale etc.) *MetaInfluencer*

1 tbsp. almonds or walnuts chopped (raw if possible), *MetaInfluencer*

Juice of one lemon

1/3 cup diced celery

1/2 cup fresh blueberries (optional, but encouraged) *MetaInfluencer*

1 tbsp. EVOO *MetaInfluencer*

Salt and pepper to taste *MetaInfluencer*



Directions

- 1 Place all ingredients into a large salad bowl.
- 2 Drizzle with lemon juice, olive oil, salt and pepper, tossing salad until thoroughly mixed.
- 3 Serve on a bed of leafy greens or use lettuce leaf as a wrap.

For an extra kick, swap out leafy greens for tomatoes and add a pinch of turmeric and pepper. All 3 are MetaInfluencers to help melt fat. Tomatoes are a major source of the antioxidant lycopene, which is linked to health benefits such as reduced risk of heart disease and cancer.

Pesto Burgers



For the rosemary pesto:

- ½ cup raw unsalted sunflower seeds
- 2-3 cloves garlic – smashed
- juice of 1 lemon
- 1-2 big handfuls of fresh basil
- 2-3 big handfuls of fresh spinach, arugula or baby kale
- 1-2 sprigs of fresh rosemary
- salt & pepper to taste *MetaInfluencer*
- 1/2 cup EVOO or avocado oil *MetaInfluencer*

Ingredients:

- 4-6 oz. ground lamb
- 1 clove garlic, minced
- pinch of cayenne pepper (optional spice) *MetaInfluencer*
- 1/4 cup scallions or onion, finely chopped
- 1 tbsp. fresh basil, chopped
- 1tsp. ground flax seeds *MetaInfluencer*
- 1 tsp. sea salt
- Pepper to taste *MetaInfluencer*

Directions

- 1 In a large bowl, mix lamb, garlic, cayenne pepper, scallions, basil, salt and pepper. Allow to marinate for at least 30 minutes in the refrigerator.
- 2 Take the mixture and form into patties of desired size.
- 3 Grill on medium heat for 5-6 minutes each side or until done.
Prepare and mix the pesto sauce. Place on top of burger.

Feel free to replace ground lamb for ground beef, chicken, pork or turkey. Vegetarians, can substitute with tofu! Use large butter leaf lettuce as a 'bun'. The wrap is a great way to eat a burger cutting calories and carbs.

Salmon Patties

Ingredients:

- 1 large sweet potato cooked & mashed
- 2/3 cup almond meal (or substitute 1/3-1/2 cup coconut flour) *MetaInfluencer*
- 1/3 cup chopped parsley
- 2 tbsp. diced onion
- 1 tbsp. fresh lemon juice
- 1 tbsp. hot sauce (if desired)
- 1/2 tbsp. salt
- 1 tsp. cumin
- 1 tsp paprika
- 1/2 tsp black pepper *MetaInfluencer*
- 2 eggs
- 2 - 14.75 oz. wild Alaskan pink salmon *MetaInfluencer*
- 2 tbsp. coconut oil, grass fed butter or ghee for cooking



Directions

- 1 Pre-heat oven to 400 degrees, and poke holes in sweet potato. Place on baking sheet & cook ~45 minutes or until done. Mash with a fork or potato masher.
- 2 Add almond meal (or coconut flour), parsley, onion, lemon juice, hot sauce, salt/pepper, cumin, & eggs and mix.
- 3 Remove salmon from can and mash with your hands/a fork, then add to mixture. Stir until well combined.
- 4 Line a baking sheet with parchment paper, and form salmon patties of desired size. Chill salmon cakes in the fridge for about 30 minutes.
- 5 Heat ghee (coconut oil) in pan and cook patties for about 5 min. or until done. Eat half, and refrigerate the rest!

This can be eaten for breakfast, lunch or dinner. Enjoy atop a poached egg for breakfast, eat with a salad for lunch, or pair with a healthy vegetable medley for dinner. Plus it's a MetaInfluencer!

Savory Pork with Cauliflower



Marinade:

- 1 tbsp. grated, fresh ginger *MetaInfluencer*
- 2 clove garlic, minced
- 1/2 onion, diced
- 2-3 tbsp. coconut aminos or tamari sauce, gluten free
- 2 tsp. raw honey
- 4 tbsp. EVOO *MetaInfluencer*
- 2 tbsp. apple cider vinegar

Ingredients:

- 8 oz. pork, chopped into small pieces (can substitute chicken)
- 2 tbsp. coconut oil for cooking

Veggies:

- 2 cups pineapple, chopped
- 1/2 onion, diced
- 1 carrot, chopped
- 1 bell pepper, chopped
- 1/2 head of broccoli
- 1/2 tbsp. arrowroot powder (optional to thicken sauce)

Cauliflower Mash Ingredients:

- 1/4 medium head of cauliflower
- 1-2 large cloves of garlic, peeled
- 1/4 cup chicken, beef or veggie broth, or coconut milk
- Salt and pepper to taste
- 1 tbsp. EVOO *MetaInfluencer*

Directions

- 1 Place chopped pork in bowl or ziplock with marinade ingredients and fully coat meat. Place in the fridge for 1 hour (leave overnight for better flavor taste).
- 2 Once the pork is marinated, add coconut oil to a large skillet or pot and set to medium-high heat. Add pork to marinade and allow to cook until the meat is no longer pink.

Directions

- 3 Prepare cauliflower mash by washing and trimming head of cauliflower and cutting into small pieces.
- 4 Heat a pan and pour in 1/4 cup water or stock, toss in the cut cauliflower and garlic.
- 5 Bring to a simmer and cover the pan. Allow to cook for about 10 minutes until cauliflower is soft. Add salt and pepper to taste.
- 6 Transfer mixture, including the liquid, into a blender. Add in nutritional yeast or miso paste (if using) & EVOO.
- 7 Cook meat and marinade altogether until the sauce boils, then lower to a simmer, allowing to cook, covered, for 40 minutes. Stir occasionally.

The trick to a great cauliflower mash is the consistency...don't over blend. Blend the mixture until it resembles the consistency of mashed potatoes. The blender 'pulse' setting is helpful to observe consistency during the process. Add a little more liquid (broth or coconut milk) as needed. Minimal liquid is suggested so consistency isn't watery. Add salt and pepper to taste.

[Editor's Note: If you're committed about making your post-40 years the BEST years in your life (and the best body you'll have in years!), then you may be interested in being part of my special inner circle devoted to the MetaLifestyle. You'll have exclusive access to me and my community, for inspiration and motivation, to achieve the best you possible. Your body, mind and spirit will be transformed into a lean wellness machine. This access includes weekly professional coaching, private Facebook group, monthly live calls, monthly customized meal plans, and so much more.]